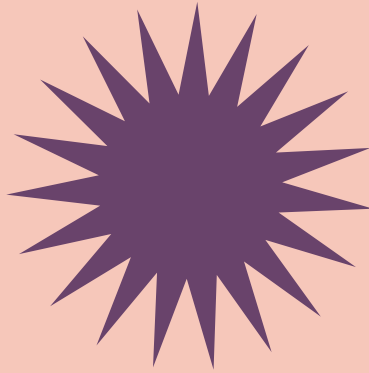


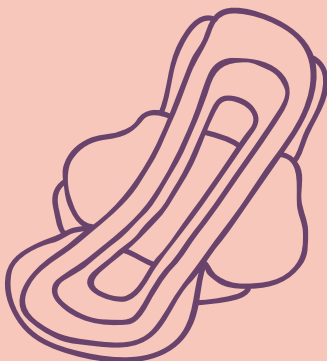
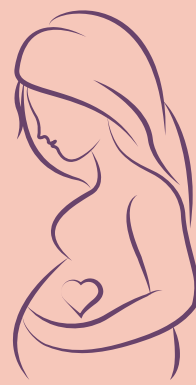
RESOURCES FOR STUDENTS



Laadliyan, Celebrating and Empowering Daughters, is a non-profit organization that works with women and girls in the Peel region through education, empowerment, and awareness. Below are some resources we thought you might find helpful!

SEXUAL HEALTH

- [What is safe sex?](#)
- [All about sexually transmitted infections \(STIs\)](#)
- [Do you think you might be pregnant?](#)
- [What are your choices?](#)
- [Financial Supports for Parents](#)
- [Free Abortion Clinic](#)

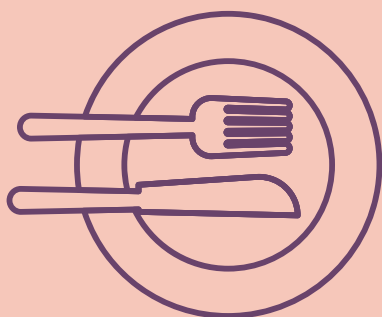


MENSTRUAL HEALTH

- [Order a care package - FREE pads](#)
- [Periods and Mental Health](#)
- [All about periods](#)

MENTAL HEALTH

- [South Asian Therapists](#)
- [SOCH Mental Health](#)
- [Asra: The Punjabi Alcohol Resource](#)



FOOD SUPPORT

- [Seva Food Bank](#)
- [Request a grocery gift card](#)
- [Find a food bank](#)
- [Your Relationship with Food](#)

LEGAL SUPPORT

- [South Asian Legal Clinic of Ontario](#)
- [Mississauga Community Legal Services](#)
- [North Peel & Dufferin Legal Services](#)



To learn more about Laadliyan visit our website, laadliyan.com, follow us on [Instagram](#), [Twitter](#), [Facebook](#), or [LinkedIn](#), or send us an email info@laadliyan.com